Written Reflection on the Summer Assignment

At the conclusion of the summer assignment, each seminarian is asked to prepare and submit a **one-page written reflection** on his summer experience.This reflection should be written in the light of the ***Ratio Barnabitica***, especially the section *"Il lavoro e il tempo libero"*, nos. 151–155.

THE REFLECTION SHOULD ADDRESS THE FOLLOWING POINTS:

1. **COMMUNITY LIFE**
   What did I learn about community life during this experience?
2. **PRAYER, FRATERNITY, SERVICE, AND RESPONSIBILITY**
   How did I live prayer, fraternity, service, and personal responsibility?
3. **Rest, Formation, and Religious Life**
   How did this time help me understand the relationship between rest, formation, and religious life?
4. **Pastoral Experience**
   What pastoral experiences were most meaningful for me?
5. **Vocational Growth and Barnabite Charism**
   How did this experience help me grow in vocational maturity and in the Barnabite charism?

NOTE: The reflection should be **personal, sincere, and concrete**. It should not be merely a report of activities, but rather a spiritual and formative reading of the experience.